**Culturally Sensitive Resources**

**in**

**New York**

**City**

Rosemary Ventura, Resource Coordinator

Family Court Mental Health Services

**A & B Medical Office**

705 Franklin Avenue, Brooklyn, NY 11238

***Languages:*** Creole, Spanish & Russian

Non-profit outpatient health care facility providing patients ages 18+ with primary care services, and psychiatric health care.

* Psychiatrist seen on a monthly or biweekly basis
* Medical services
* Substance Abuse services
* No psychologists or social workers available

**African Services Committee**

*http://www.africanservices.org/asc-ethiopia/services-programs*

*469 West 127th Street, New York, NY 10027*

*212-222-3882*

Amanda Lugg: amandal@africanservices.org This email address is being protected from spambots. You need JavaScript enabled to view it.

***Languages:*** *French and various African dialects*

* **HIV Prevention Outreach**

Outreach team is in the community each day, conducting formal and informal educational sessions at open markets, cafes and bars, businesses, universities, garages and driving schools, police stations, parks, and the operational areas of commercial sex workers.

* **Voluntary Testing and Counseling for HIV**

Clinics are located in large, populous market areas, visited by 10,000 people each day. We provide free and confidential rapid testing with results in about 20 minutes.

* **HIV Prevention Outreach**

Outreach workers conduct educational sessions at local businesses and open markets, colleges and universities, garages and driving school, police stations, parks and open markets, and the operational areas of commercial sex workers.

* **Condom Distribution**

Provides free condoms to clients, and to date, have distributed more than 2.5 million condoms. Each week, the Shola Market outreach workers provide 72 free condoms to commercial sex workers in the market.

* **Nutritional Supplements**

Provides vitamin supplements for each positive client, helping them get the nutrition they need to boost their immune systems.

* **Pediatric HIV/AIDS Case Management**

HIV testing to children over 18 months of age since 2004.

Pediatric nurse available to examine children monthly and meet with their families to ensure they are receiving the proper medical treatment and adequate nutrition.
**Civil Legal Services**

* **Immigration Services**
* **ESOL classes**

**APICHA**

*www.apicha.org*

*400 Broadway, New York, NY 10013*

***Languages Spoken:*** *Chinese (Cantonese, Mandarin, Fuzhounese), Japanese, Spanish, South Asian (Bengali, Hindi, Urdu, Gujarati), Tagalog, Thai, Vietnamese*

LGBTQ services for Asian and Pacific Islanders who experience barriers accessing services due to culture, linguistic isolation and the lack of supportive networks.

**Services:**

* *A healthier Me skills-building workshops:* Expert speakers lead workshops and lectures.
* *GAYME Youth Mentors for Empowerment*: Mentoring services for youth 25 and under.
* Cultural Competency Trainings
* *Medical services:* HIV/STD screening, chronic disease management and preventive care.
* Nutritional health education
* Mental health*:* Short term counseling, and referrals for long-term care.
* *Psychiatric Services*: Psychiatric evaluation and medication management
* *Trans Health Clinic:* Addresses distinct needs of transgender & gender non-conforming individuals.
* Assistance with entitlements application
* Acupuncture
* Community health education

**Asian Outreach Clinic at the Child Center of NY**

[*www.childcenterny.org*](http://www.childcenterny.org)

*Contact:* Seline Bearman (selinebearman@childcenterny.org)

Two locations:

*81-14 Queens Boulevard, Elmhurst, NY 11373
718-899-9810 x200*

* ***Languages spoken:*** Bengali, Cantonese, Mandarin, Punjabi, English, Fukinese, Gujarati, Hindi, Korean, Marathi, Spanish, Tagalog & Urdu.

*140-15B Sanford Avenue, Flushing, NY 11355
718-358-8288*

* ***Languages spoken:*** Bengali, Chinese, English, Fukinese, Gujarati, Haitian Creole, Hindi, Korean, Marathi, Taiwanese, Tagalog & Urdu.

The Asian Outreach Program (AOP) approach is culturally nuanced and based on education and outreach that eases the stigma still surrounding mental health and substance abuse treatment in traditional Asian cultures.

* All of the therapists have experienced the trauma of immigration. As new immigrants themselves, they are steeped in the culture and language of their clients.
* They bring understanding to culture clashes between Asian-born parents and American-born children.

**Mental Health Services:**

* Treatment of mental illness utilizing many approaches including cognitive behavioral therapy, dialectical behavioral therapy, psychopharmacology, and play therapy.
* Family Therapy
* Child abuse and neglect prevention
* Domestic violence counseling
* Parent education workshops and outreach
* Family-oriented academic enrichment
* Counseling at many public schools
* 15 LMSWs
* 2 Psychiatrists available at each clinic (waiting list)
* Nurse Practitioners available
* Community Outreach at community centers and libraries
* Substance abuse treatment (including Special K groups & DWI)
* With the exception of Chinese, will take cases from other counties including Long Island.

**Criteria:**

* One member of family must have a mental health or substance abuse diagnoses.

**Exclusions:**

* Mental retardation
* Autism diagnoses
* Sex Offenses
* IQ under 70

**Haitian Americans United for Progress (HAUP)**

*www.haupinc.org*

*221-05 Linden Blvd, Cambria Heights, NY 11411*

*718-527-3776*

**In-Home Respite**

This program provides temporary short-term relief in the home for families and care providers of developmentally disabled individuals.

Ages 3 and up

**Recreational/Off-site Socialization Activities**

A program of social, recreational and leisure activities that provides developmentally disabled individuals with the opportunity to go to the botanical gardens, bowling alleys, movie theaters and cultural events in the community twice a week (Thursday and Friday). Transportation is provided.

Ages 21 and up

**After-School Program**

After-school activities are offered to school-aged children with developmental disabilities on Mondays, Tuesdays and Wednesdays from 3 p.m. to 6 p.m.
Ages 6 -21

**Information and Referral Services**

Whether it is housing issues, questions regarding Medicaid, food stamps, or other entitlements, a child with problems in school, immigration or other legal issues, HAUP is here to help. HAUP is the main referral source within the community.

**Senior Citizens program**

Recreational, cultural and social activities (in-door and out-door) are provided to individuals over the age of 55 every Saturday from 2 PM to 5 PM.

**Youth program**

HAUP offers a Youth Development program comprised of several meaningful and positive educational, cultural, social, emotional, and overall delinquency prevention activities. The program functions weekdays between the hours of 3 PM – 6PM and on Saturdays from 10 AM – 2PM, and offers tutoring, educational workshops, homework help, remedial education classes/ESL, arts & crafts, cultural enrichment, games, mentoring, youth mediation, and a community center to individuals between the age of 7 to 15.

**Counseling**

Counseling is available to children and adults. Counselors are trained to deal with domestic violence, child abuse, parent-child communication, conflict resolution, etc. Parenting skills classes are also available.

**Immigration**

HAUP offers Immigration related advice, workshops, and INS forms preparation on weekdays and on Saturdays.

**Various Cultural Programs**

To celebrate its rich culture, HAUP provides a variety of cultural activities and events to the community. HAUP is also committed to supporting other organizations providing awareness of the Haitian and Caribbean cultures.

**Translation**

Services are available weekdays and on Saturdays.

**Educational Programs**

• Beginners, Intermediate and Advanced English as a Second Language
• Citizenship classes
• Parenting and survival skills
• After-school tutoring
• Computer classes
• Literacy classes
• Various career development seminars and workshops for young adults ranging from 15 to 30 years of age

**Haitian Women for Haitian Refugees**

*335 Maple Street, Brooklyn, NY 11225*

***Languages:*** *Creole & French*

**Services:**

* ESOL classes
* Weekly Immigration workshops
* Referrals to DV victims

**Health & Education Alternative for Teens (HEAT)**

*www.heatprogram.org*

*613 Throop Avenue, 1st Floor, New York, NY 11216*

*718-467-4446*

***Languages:*** Creole & Spanish

Services for youth ages 13-24

**Services:**

* HIV Counseling and HIV Rapid Testing
* STD Screening and Treatment
* Reproductive Health & Family Planning (birth control and free condoms)
* Gynecological and Prenatal Screening
* Transgender Health Services including Hormone therapy
* Risk Reduction Skills Training
* Substance Abuse Assessment/Referral
* Mental Health Services (individual, group and family)
* Access to Clinical Research Trials
* Anal pap smears
* Assistance with housing, obtaining health insurance, finding employment and education.

\*\*Most services are free and if not, assistance with Medicaid application will be provided\*\*

**International Rescue Committee-NYC Refugee Employment Project**

*www.rescue.org/us-program/us-new-york-ny*

*263 West 38th Street, 6th floor, New York, NY 10018
212-377-4728*

***Languages:*** *French, German, Portuguese, Spanish, Tibetan and many more.*

The International Rescue Committee responds to the **world’s worst humanitarian crises** and helps people to survive and rebuild their lives

**Services:**

* **Reception & Placement:** IRC staff and volunteers meet refugees at the airport and provide initial housing, furnishings, food, and clothing.
* **Early Employment Services:** Vocational counseling, resume preparation, job search and placement services, and financial assistance.
* **Extended Employment and Social Services:** This extended employment program assists refugees for up to five years from their date of arrival with job preparation, placement, training, and transitional support.
* **Immigration Services:** Services include representation in connection with filing of applications and petitions for adjustment of status, family reunification, naturalization and other immigration benefits.
* **Health and Wellness**: Promoting wellness and ensuring access to healthcare services that address physical and psychological needs.
* **New York Literacy for Life Program:**  Classes in English, financial literacy, health, employment preparation, computer training, and cultural orientation.
* **New York Refugee Youth Program:** Afterschool and weekend academic enrichment programs throughout New York City, a summer youth academy, a youth leadership program, and long term academic guidance.

**JBFCS - Break-Free Russian & Midwood Adolescent Services**

*www.jbfcs.org/programs.php?id=325*

*2020 Coney Island Avenue, Brooklyn, NY 11223*

*718-676-4280*

*Contact: Deborah Zicht, LCSW, CASAC*

***Languages:***Hebrew, Russian & Spanish.

Provides youth ages 12-21 that are diagnosed with emotional, behavioral, and/or substance abuse problems with various programs.

**Services:**

* **Thomas Askin Alternative School:**Transitional school that offers an opportunity to work towards obtaining high school credits or a GED diploma in a supportive, personalized and multicultural environment.
* **Services for Orthodox Jewish Teens:**Mental health services provided by Orthodox Jewish professional staff and include evaluation and assessment, individual, group and family counseling, psychiatric services, as well as home-based treatment and satellite clinics in yeshivas throughout Brooklyn.
* **Bnot Chaya Academy:**An alternative high school for at-risk Orthodox girls which provides a highly therapeutic, educationally engaging and religiously inspiring environment. All students receive individual, family, and group therapy, in addition to psychiatric services, where indicated, as part of the school program.

**Other Services:**

* Group, individual, and family counseling
* Drug testing and substance abuse treatment
* Psychiatric services
* Parent support groups

**\*\*Insurance required for substance abuse and mental health services\*\***

**JQ Youth**

*www.jqyouth.org*

*To receive more information and/or location of events, please email* *info@jqyouth.org*

*Confidential Support Line: 551-JQY-HOPE (551-579-4673)*

JQY is a nonprofit organization supporting lesbian, gay, bisexual, and transgender (LGBT) Jews and their families in the Orthodox community.

**Services:**

* **Email Discussion Group**: The Email Discussion Group is an anonymous forum of LGBT Jews from Orthodox Backgrounds (ages 17-30).
* **Women's Space**: The Women's Space is a confidential safe space specifically for women and female identified members.
* **The Trans List**: The Trans List is a new list where JQY Trans members can informally connect with each other, share experiences, and support each other through camaraderie.
* **Crisis Support Email**: For members who need individual confidential online support, JQY offers a direct support email service where individuals can be connected to resources, peer support and connection to supportive mental health professionals.
* **Monthly JQY Manhattan Meetings**: The Manhattan Meetings are a monthly supportive space where members can meet in person and discuss topical issues as a community. There is a $3.00 suggested donation for meeting participation.
* **Monsey Support Group**: The Monsey Support Group is a small informal discussion group dedicated to exploring how one can stay Orthodox and gay. The group works with Orthodox therapists and rabbis to support LGBT Jews who are trying to remain Orthodox.
* **Network of Supportive Orthodox Rabbis**: JQY works closely with many Orthodox rabbis from nearly every major Jewish Community. When members or their families seek rabbinical consultations, advice, or intervention, JQ helps connect them to the most helpful Orthodox rabbinic support.
* **JQY Social Events**: Every month the social committee organizes events such as movie screenings, bowling, day trips, boat rides, and other fun get-togethers.

**Life is Precious**

*Contact: Beatriz Coronel: 917-304-3645/* *bcoronel@comunilife.org*

***Bronx:*** *4419 Third Avenue, Bronx, NY 10457*

***Brooklyn:*** *113 Throop Avenue, Brooklyn, NY 11206*

**Services:** Prevents suicide in young Latinas (the teen population with the highest rate of suicide attempt in the country). Combines individual and group counseling, arts therapy, academic support, and nutritional and fitness activities.

A girls club with various activities, including:

* Creative arts, dance movement & drama
* Poetry & music
* Field trips
* Internet café
* Educational enrichment
* Vocational coaching
* Homework assistance
* Tutoring
* Computer time
* Creative arts & recreational activities
* Free ESL classes for parents
* Open on Saturdays (Parents are encouraged to come in on this day).
* Kitchen available were healthy cooking takes place
* Case managers conduct home visits as well as court and education advocacy.
* Follow up with mental health providers

**Criteria:**

* Latina females, ages 12-17.
* All participants are required to receive psychiatric care at a licensed outpatient mental health clinic.
* Be diagnosed with a mood disorder or have present or a history of suicidal ideations/attempts.
* Be in school full-time or willing to return to school.

**Exclusion:**

* Serious history of violence.
* Sex offenses will be screened on a case-by-case basis.

\*All services are provided for free\*

**The Marvin Kaylie Tikvah Center at OHEL**

[*www.ohelfamily.org*](http://www.ohelfamily.org)

*292A Kings Highway, Brooklyn, NY 11229*

*718-382-0045*

*Askhole@ohelfamily.org*

***Languages****: Hebrew & Russian*

OHEL serves all members of the community who may face emotional, family or psychiatric challenges. OHEL’s professional are sensitive to the different cultural needs of the community, with therapists who speak English, Hebrew and Russian.

**Services:**

* Outpatient mental health services
* Individual & Couples therapy
* Child & adolescent psychotherapy
* Psychological testing
* Psychiatric evaluation and medication management
* Trauma and grief counseling
* Community education
* Stress management
* Geriatric specialists for Seniors

**Criteria:** Ages 3 and up of any race/religion

**\*Insurance required; Medicaid accepted\***

**Mount Sinai’s SAVI-Takanot Program**

*http://www.mountsinai.org/patient-care/service-areas/community-medicine/areas-of-care/sexual-assault-and-violence-intervention-program-savi/services/takanot-program*

*Locations throughout New York City.*

*212-423-2147.*

The SAVI Takanot Program provides **free** and **confidential**, culturally sensitive and religiously knowledgeable counseling and support services to male and female Orthodox Jewish survivors of sexual assault, sexual abuse and domestic violence.

* Takanot clinicians are trauma trained and have knowledge of Torah values, religious law and Orthodox Jewish cultural practices.
* Clinicians are available to provide support, referrals and psychotherapy to Orthodox survivors of abuse and their affected family members.

**Project CONNECT** at **Child HELP Partnership**

*152-11 Union Turnpike Flushing, NY 11367*

*http://www.stjohns.edu/academics/centers/community\_services/psychology/partners/*

*718-990-2367*

*Contact: Trish Batchelor*

Language Spoken: Spanish

Counseling Services in “non-mental health” settings for those who are underserved in the community and see therapy as a stigma.

Provide children and families the skills to cope with stressful events by:

* Teaching children skills to manage anger and fear.
* Teaching parents how to handle children who disobey.
* Teaching families how to talk with children about stressful events.
* Locations in Astoria, Long Island City, Woodside and Sunny Side.

**Criteria:**

* Child must have experience violence in the community or at home or be at risk of being exposed to violence.
* Must be of Caribbean, African American or Hispanic descent.

**Locations:**

* Long Island City library (37-44 21st Street, LIC, NY 11101)
* St. Sebastian’s Church (39-63 57th Street, Woodside, NY 11377)
* St. Matthews AME Church (203-11 Hollis Avenue, Hollis, NY 11412-1805)
* First Presbyterian Church (89-60 164th Street Jamaica, NY)

\*\***All services are free** \*\*

**Puerto Rican Family Institute**

*http://prfi.org/*

*Language: Spanish*

***Bronx:*** *4123 3rd Avenue, Bronx, NY 1045; 718-299-3045*

***Kings:*** *28 Debevoise Street, 6th Floor, Brooklyn, NY 11206; 718-963-4430*

***New York:*** *145 West 15th Street, New York, NY 10011; 212-229-6950*

***Queens:*** *9131 Queens Blvd, Suite 618, Elmhurst, NY 11373; 718-275-0983*

A bi-lingual, bi-cultural clinical treatment program provides services to Latino children, adolescent and adults.

**Services:**

* Screening and Diagnostic Assessments
* Treatment Planning
* Psychiatric Evaluations
* Individual therapy but will see parents as collateral if needed.
* Couples counseling
* Case Management Services
* Will work with youth diagnosed with Oppositional Defiant Disorder & Intermittent Explosive Disorder.
* Psychiatrists and therapists who speak Spanish.

\*\*Insurance Required\*\*

**Sauti Yetu Center for African Women**

*www.sautiyetu.org*

***Bronx Office***

*2417 3rd Avenue, suite 205, Bronx, NY 10451*

*718-665-2486*

***Staten Island Office***

*104 BEACH STREET, STATEN ISLAND, NY 10304*

*718-665-2486 ext 301*

Various programs including:

**Female Genital Cutting (FGC)**

* Supportive counseling for circumcised women, girls and families who request it.
* Advocate for culturally and linguistically appropriate services.
* Provide Safe Spaces for community dialogue and reflection.
* Facilitate mother/daughter dialogue around FGC and other gender specific topics.
* Training for service providers, specifically the child welfare system***.***
* Develop education and information materials.
* Advocacy to reduce stigma and discrimination against circumcised girls and women in the United States.
* Promote poor and low income women's leadership and advocacy in their respective communities.

**Domestic Violence and Sexual Assault Program**

* Individual & group counseling
* Referrals to shelters and for immigration legal assistance
* Court accompaniment & advocacy
* Interpretation & translation
* Comprehensive case management

**Supportive Counseling Services**

1. Are language and culture specific
2. Use a communication style that is non-threatening and familiar
3. Affirm that the woman or family might be a recent arrivals to the U.S. and therefore unaware of the legal and social system and services that might be available to them as well as their rights
4. Recognize the fact that the African immigrant woman and families face multiple forms of racial and culture-specific discrimination and oppression in the systems and structures that are different from the kinds of gendered discrimination commonly faced by non-immigrant women
5. Acknowledge the fact that Africans in general and African women in particular endure specific stigma/stereotyping/discrimination in the United States because of who they are and where they come from.
6. LMSW on staff; will provide referral to psychiatrist if needed

[**Girls Empowerment and Leadership (GELI)**](http://www.sautiyetu.org/programs-agep-geli)**:**  provides immigrant girls ages **13-24 years** the academic and social support they need to ease their transition into a new country, a new school system, and adulthood.

**GELI currently operates in the following schools:**

* Bronx International High School, Bronx, NY (since 2007)
* International High School at Prospect Heights, Brooklyn (since 2008)
* International Community High School, Bronx, NY (since 2009)
* Urban Science Academy, Brooklyn, NY (since 2011)

**Temicha**

*www.temicha.org*

*If you would like to be added to the Temicha list, please send an email to admin@temicha.org and put "temicha" in the subject line.*

Temicha functions primarily as a google group where people from around the globe are able to share information and provide support and guidance to one another as Orthodox parents of LGBT children. They hope to provide regular in-person meetings in the future.
**Services:**

* [**Kirtzono**](http://www.kirtzono.blogspot.com/)**:** **A blog intended for Orthodox Jewish parents, families and friends of young gay men and women to humbly listen and learn from each other as we navigate these uncharted waters.**
* [**Keshet Parent & Family Connection**](http://keshetonline.org/news/index.php/2012/02/24/the-keshet-parent-family-connection/)**:** The Keshet Parent and Family Connection is a peer run support system for Jewish parents and family members of lesbian, gay, bisexual, transgender, and queer Jews. This support system spans the gamut of Jewish identities and affiliations, interfaith couples and families are welcomed.
* **Tehila**: **A support group for parents of GLBT people based in Israel. The association runs support groups and hot-lines throughout Israel and is linked to youth groups and projects in various venues around the country. The group also acts to promote tolerance and openness in the Israeli society.**
* [**Parents and Friends of Lesbians and Gays (PFLAG)**](http://www.pflag.org/)**:** **Provides a safe place for parents, families, and friends of GLBT people to share experiences and to support each other.**
* Temicha is moderated by multiple supportive Orthodox Mental Health professionals along with leading Orthodox Rabbis.

**Violence Prevention Program**

*http://vipmujeres.org*

*P.O. Bronx 1161 Triborough Station, New York, NY 10035*

*800-664-5880*

*Contact: Valerie Leon 212-410-9080 Ext 161/vleon@vipmujeres.org*

Provides direct services to over 1,000 survivors of domestic abuse and others types of violence through a continuum of care.

**Services:**

* **Community Education and Outreach**
* **Hotline**: VIP is the only agency in New York City to operate an English/Spanish hotline, 24-hours a day/7 days a week, including holidays.
* **Counseling:**
* Individual and group counseling sessions to help clients process the abuse they have endured or witnessed.
* Sites are in the Bronx, East Harlem & Corona Queens (confidential addresses).
* One Social Worker on staff; will referred out if intense mental health services are needed.
* **Residential Program:**
* **Morivivi**
VIP’s emergency shelter operates as series of safe-dwelling apartment sites located throughout New York City. Residents are housed anywhere from **90-180 days** and receive a range of services, including help filing orders of protection as well as applications for public benefits, transitional housing, and trauma counseling.
* **Casa Sandra**
VIP’s supportive housing program for social change, established in 2005, accommodates families affected by domestic violence who are facing homelessness by providing shelter and services for **up to 2 years.**
* **Economic Empowerment Services**. VIP aims to promote self-sufficiency through a series of financial literacy and economic empowerment services:
* Opening a bank account and budgeting
* Saving for the deposit and rent on an apartment
* Ending financial dependence on an abusive partner
* Gaining new skills to enhance employability
* Tools to help you work toward long-term goals
* **Women’s Empowerment Series**
Throughout the year, VIP holds educational workshops to teach participants financial literacy, job readiness, financial management, and budgeting skills.
* **Immigration Support**
VIP has partnerships with community agencies and organizations designed to assist crime victims seeking refuge from the threat of abuse.

**Criteria:** Female who is or has been a victim of domestic violence.

**Exclusion:** If applying for transitional housing the victim must have left the abuser.

\*\*All services are free regardless of immigration status\*\*